Syllabus for LPAP 175 Intro to Martial Arts Spring Semester:

Instructor: Ernie Wu
Email: yapwu@att.net
Day/Time/Location:
Wed
7:00 PM - 8:30 PM
MAC gym

Course Information:

We will be studying a sequence of Traditional Northern Style Kung Fu basics designed by Master Ernie Wu. This sequence incorporates basics from various Northern styles such as Hsin I, Long Fist and Eight Step Praying Mantis.

The central idea behind this course is to introduce a beginning student to the principles of Traditional Chinese Kung Fu: sinking, stretching, power-issuing and whole-body coordinated movement. We will be learning punches and blocks and strikes and kicks, and yet each movement will emphasize these principles. Each movement will require your entire body to move as a cohesive unit to generate and deliver power.

Recommended Clothing: Loose, athletic shirt and pants. Athletic/tennis shoes.

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Attendance Policy:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one “free” absences. Should a student miss an additional class she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed 2nd class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

If student is more than 20 minutes late will count as absence.

Evaluation and Grading:

Learning attitude	25 pts.
Movement Demonstration	25 pts.
Final Exam	50 pts.
Course Total:	**100 pts.**

Grading Scale:

Points	*Grade*
97-100	A+
94-96	A
90-93	A-
87-89	B+
84-86	B
80-82	B-
70-79	C
60-69	D
>59	F